

# Cain's Corner

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Nutrition Tips from USAPEEC's  
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## duck bacon frittata

A frittata is an "everything but the kitchen sink" dish - toss in leftover protein from last night's dinner, aging veggies, or, in this case, duck bacon! This recipe is simple to prepare and great for any meal of the day.

12 oz Duck Bacon, cooked and chopped (1 package), reserve grease  
8 Large Eggs  
1/2 cup Whole Milk  
1/2 cup Green Onions, sliced  
1/4 tsp Fresh Ground Black Pepper  
1/4 tsp Salt  
1 cup Smoked Cheddar, shredded, divided  
5 oz Spinach  
1/2 Red Bell Pepper, chopped  
8 oz Mushrooms, pre-sliced, chopped

- 1) Prepare all veggies according to ingredients list.
- 2) Cook duck bacon according to package instructions. Cut into bite-sized pieces. Reserve grease in skillet.
- 3) Over medium heat, sauté spinach, bell pepper, and mushrooms in duck bacon fat until softened. Take off heat and set aside.
- 4) Preheat broiler. Beat eggs in a mixing bowl, then add milk, green onions, salt and pepper.
- 5) Stir in pre-cooked duck bacon, sautéed veggies, and half of the cheese.
- 6) Make sure the skillet is still greased. If it is not, give it a quick dusting of cooking spray.
- 7) Pour egg mixture into the skillet. Cook on stovetop over medium-high heat, without stirring, until eggs start to firm and sides begin to brown (about 5 minutes). Let uncooked egg run underneath.
- 8) Sprinkle remaining cheese over egg mixture and transfer to broiler. Broil 5-6" from heat for a few minutes until eggs are set and cheese is melted.
- 9) Slice and serve warm or at room temperature. Enjoy!

